

**ANTIBIOTICS (ORAL)**

- [ ] Amoxicillin 875mg: 1 by mouth twice a day
- [ ] Augmentin 875mg: 1 by mouth twice a day
- [ ] Bactrim DS: 1 by mouth twice a day
- [ ] Biaxin 500mg: 1 by mouth twice a day
- [ ] Clindamycin 300mg: 1 by mouth three times a day
- [ ] Keflex 500mg: 1 by mouth 4 times a day
- [ ] Levaquin 750mg: 1 by mouth once a day
- [ ] Omnicef 300mg: 1 by mouth twice a day
- [ ] Zithromax (zpack): take as directed
- [ ] Other:

[ ] Take probiotics or eat yogurt while on antibiotics to diminish GI symptoms (stomach cramping, diarrhea, etc)

**REQUIRED HIGHLIGHTED ITEMS:**

- \*\* You need to do all 3 items (saline rinse, IMTX/flonase, allergy pill) daily up until the day prior to surgery.
- \*\* AFTER surgery, stop flonase and allergy pill, and increase saline rinses to 4 times a day (4 full bottles) with distilled water starting the day AFTER SURGERY.

**STERIODS (ORAL)**

- [ ] Medrol dose pack (burst & taper)
- [ ] Prednisone 5mg 10 day taper (#79)
- [ ] Prednisone 10mg 12 day taper (#24)

Check blood pressure daily while on oral steroids and if SBP > 140/150, call office.

**ALLERGY (ORAL)**

- [ ] Allergy pill daily (Zyrtec, Claritin, allegra, xyzal, or benadryl)

**OTHER:**

- [ ] Humidifier at bedside
- [ ] Breath rite strips at night and as needed (purchase over the counter)

**TOPICAL MEDICATIONS**

- [ ] Atrovent (non-allergic rhinitis) 1-2 sprays each nostril every 8-12 hours as needed
- [ ] Azelastine (nasal antihistamine) 1 spray each nostril twice daily (use with flonase)
- [ ] Bactroban ointment: apply up nostril 2-3x/day
- [ ] Bactroban ointment irrigations: squeeze 1-2 inches (strip) of ointment into Neil med sinus rinse bottle, add distilled water, saline packet, mix and irrigate
- [ ] Bactroban saline nasal spray: spray \_\_\_ puffs each nostril \_\_\_ times a day
- [ ] Dymista (allergy nasal spray) 1 spray each nostril twice a day
- [ ] Estrogen nasal spray
- [ ] Flonase (nasal steroid spray): 2 puffs each nostril once a day
- [ ] IMTX (itraconazole [antifungal], mupirocin [antibiotic], triamcinolone [steroid], xylitol [moisturizer]): 1-2 sprays each nostril 1-2 times a day – KEEP IN FRIDGE
- [ ] Johnson & Johnson baby shampoo: instill 1-2 drops into Neil med rinse bottle, mix and irrigate
- [ ] \_\_\_\_\_ Loxasperse sinotherapy: dissolve 1 capsule into Neil med sinus rinse solution (salt water), mix, & irrigate twice a day
- [ ] Predforte drops (eye drop to put into nose) in mygind position: instill 1-2 drops into both nostrils in mygind position, hold position x 5 minutes
- [ ] \_\_\_\_\_ drops in mygind position: instill 1-2 drops into both nostrils in mygind position, hold position x 5 minutes
- [ ] Rose geranium sesame spray
- [ ] Saline sinus rinses *one OR two* time a day & as needed, with distilled water
- [ ] Theophylline nasal spray
- [ ] Xhance

**ACID REFLUX MEDICATIONS:**

- [ ] Nexium (esomeprazole): \_\_\_ mg, 1 by mouth \_\_\_ daily
- [ ] Prilosec (omeprazole): \_\_\_ mg, 1 by mouth \_\_\_ daily
- [ ] Protonix (pantoprazole): \_\_\_ mg, 1 by mouth \_\_\_ daily
- [ ] Pepcid (famotidine): \_\_\_ mg, 1 by mouth \_\_\_ daily
- [ ] Mary's Magic Mouth Wash
- [ ] Girtaners Mouth Wash
- \*\*\*WEANING OFF PROTON PUMP INHIBITORS\*\*\*
- Take current acid reflux med every other day for 2 weeks
- THEN: take twice a week for 2 weeks
- THEN: once a week for 2 weeks
- THEN: Stop
- While weaning off proton pump inhibitors, continue with bedtime (PEPCID) pill.
- [ ] Continue with dietary/lifestyle modifications for reflux

**FOLLOW UP APPOINTMENT:**